

Loup Basin Public Health Department Summary

Counties	Average age	Education		Race / Ethnicity		
Blaine, Custer, Garfield, Greely, Howard, Loup, Sherman, Valley and Wheeler	40.9 years	H.S Grad / GED or Higher	86.0%	White, non- Hispanic	98.0%	(32,449)
Total population	Median income	College Grad	14.7%	Minority	2.0%	(673)
33,122	\$29,966					

Source: 2000 U.S. Census

Summary of Significant Differences (Compared to Nebraska)

- In the Loup Basin, two rates for the overall population were significantly better than Nebraska rates. The proportion of adults who said their health was fair or poor was lower and the proportion who felt their area was unsafe for walking, jogging, running or biking due to traffic was lower than the statewide rate.
- Rates for eight indicators were significantly worse for the Loup Basin than for Nebraska. The proportions of the population who had no health insurance, ever had a heart attack/stroke/ coronary heart disease, or had fallen in the past three months were all higher in the Loup Basin. Compared to the state overall, smaller proportions of Loup Basin adults reported having their cholesterol checked in the last five years, having a flu shot in the past twelve months, or always/nearly always wearing seatbelts when driving or riding in a motor vehicle. The average distances to the nearest emergency room and to their preferred emergency room were also greater in the Loup Basin.
- Men in this area were less likely than Nebraska men to feel their immediate area was unsafe from traffic. However, Loup Basin rates for seven indicators were significantly worse for men. They were more likely than men statewide to have had a heart attack, stroke, or coronary heart disease and were more likely to have experienced a fall. They were less likely than Nebraska men to: wear seatbelts, have a current cholesterol check, have had a flu shot, be CPR-certified, or be knowledgeable about “Five-a-Day.”
- For Loup Basin women, rates were significantly better for three indicators and significantly worse for two indicators, compared to statewide rates. Loup Basin women were less likely to report having fair/poor health or high cholesterol levels and they averaged fewer days when their mental health was not good. On the other hand, Loup Basin women were more likely to have no health insurance and less likely to rate the selection of healthy foods offered by community restaurants positively.

Health-Related Quality of Life

- The proportion of Loup Basin adults who considered their general health “fair” or “poor” (12.5%) was significantly lower than the Nebraska rate. The proportion of women in this area reporting fair or poor health (14.4%) was also significantly lower than the statewide rate for women.
- Loup Basin adults averaged 3.2 days in the past month when their physical health was “not good.”
- Respondents averaged 2.2 days in the past month when mental health was “not good”. Women in this area reported significantly fewer days of poor mental health (2.2 days) than Nebraska women overall.
- Poor physical or mental health prevented Loup Basin adults from participating in their usual activities an average of 3.5 days in the past 30 days.

Health Care Access

- A significantly greater proportion of Loup Basin residents aged 18 to 64 years (24.1%) reported having no health care coverage, compared to the state. Women in this area (23.7%) were also significantly more likely than women in this age group in Nebraska overall to be without health insurance.
- Among Loup Basin adults, 12.6% did not have a personal doctor or health care provider and 10.3% stated that, at some time in the past year, they needed to see a doctor but could not due cost.
- Seven out of ten adults in the area (69.8%) reported visiting a doctor for a checkup within the past year.
- The average distance from respondents’ homes to the closest emergency room (ER) was significantly greater in the Loup Basin (15.8 miles) than the average for Nebraska.
- In this area, the average distance to the ER at which respondents preferred to receive care (24.8 miles) was also significantly greater than the state average.
- More than one-half of Loup Basin adults (53.9%) reported no problems or barriers to getting medical care, other than cost.

- Among Loup Basin residents who reported a problem getting medical care (other than cost), long waits (21.8%), work (16.9%), and not having insurance (16.5%) were mentioned most frequently.
- Loup Basin residents most often cited a doctor (40.9%) as their primary source of information on health issues or illness. Family or friends (13.9%) and the newspaper (14.5%) were also mentioned frequently.

Cardiovascular Disease

- The proportion of Loup Basin adults (15.0%) who had ever been told they had a heart attack or stroke or that they have coronary heart disease was significantly higher than the rate for Nebraska. Men in this area (20.4%) were significantly more likely than men statewide and than women in the area (9.9%) to have had a heart attack, stroke, or coronary heart disease.
- In the Loup Basin, 30.7% of adults had ever been told by a doctor or other health professional that their blood pressure was high.
- Adults in the Loup Basin were much more likely to identify cardiovascular disease (78.3%) than they were to identify stroke (46.3%) as something untreated high blood pressure can lead to.
- A significantly smaller proportion of Loup Basin respondents (66.4%) had their cholesterol level checked during the last five years, compared to Nebraska overall. Men in this area (63.0 percent) were also significantly less likely than men statewide to have a current cholesterol check.
- Among area respondents who ever had their blood cholesterol level checked, 34.0% had been told it was high. Compared to the state, a significantly lower proportion of women in the Loup Basin (32.8%) had high blood cholesterol.
- During the past year, one of every ten Loup Basin adults (10.0%) was certified to perform CPR. A significantly lower proportion of men in this area (4.2%) were CPR-certified, compared to Nebraska men overall. Women in this area (15.5%) were also significantly more likely than men to be CPR-certified.

Diabetes

- Among Loup Basin residents, 6.8% of adults had ever been told they had diabetes. (This estimate does not include persons told they had gestational diabetes or pre-diabetes).

Cancer Prevention

- Two-thirds of Loup Basin women aged 40 or older (68.2%) had a mammogram in the past two years.
- Three in ten adults aged 50 or older in this area (29.9%) had a blood stool test in the past two years.
- A greater proportion of adults aged 50 or older in the Loup Basin (44.0%) reported ever having a colonoscopy or sigmoidoscopy.

Asthma

- One of every ten Loup Basin residents (9.9%) had ever been told they had asthma, while 7.1% currently have this disease.

Overweight and Obesity

- Nearly two-thirds of Loup Basin adults (65.3%) reported heights and weights that placed them in the "overweight or obese" category (Body Mass Index = 25 or higher). Those with a Body Mass Index of 30 or higher were classified as "obese"—26.1% in the Loup Basin.

Tobacco Use

- Among Loup Basin adults, 18.3% currently smoke cigarettes, either daily or on some days of the month.
- Nearly one-fourth of adults in this area (23.5%) are former smokers (that is, they have smoked at least 100 cigarettes in their lifetime but do not currently smoke).
- Among current smokers in the area, 44.2% reported trying to quit smoking during the past year.
- Seven of every ten adults in the Loup Basin (72.2%) said they have rules prohibiting smoking anywhere in their homes. Among adults who work indoors most of the time, 84.6% stated that their workplace's official smoking policy does not permit smoking in any work areas.

Physical Activity and Sedentary Behaviors

- Three in ten adults in the Loup Basin (29.5%) did not engage in any leisure-time physical activity (outside of work) in the past 30 days.
- On the other hand, 43.7% of area respondents reported participating in physical activities that met the criteria for "moderate" or "vigorous" physical activity.

- More than four of every ten Loup Basin adults (45.6%) reported “excessive electronic sedentary behavior”; i.e., they engaged in television viewing (while sitting or lying down), video game system use, or computer use (outside of work or school) for three or more hours during an average day.

Nutrition

- One-fifth of Loup Basin respondents (20.6%) consumed fruits and vegetables the recommended five or more times per day.
- More than one-third of Loup Basin adults (37.4%) were knowledgeable about what “Five-a-Day” means, with women (52.1%) significantly more likely than men (21.7%) to know what this phrase means. Men in this area were significantly less likely than men statewide to be knowledgeable about “Five-a-Day.”
- One-sixth of area respondents (16.6%) reported consuming dairy products three or more times daily.
- On average, Loup Basin adults ate food from restaurants or fast food shops 2.0 times per week.
- One-third of respondents (34.1%) rated foods at community events in the Loup Basin as “always” or “almost always” healthy.
- More than one-half of area respondents (56.2%) stated that the selection of healthy food at community restaurants and fast food shops was “somewhat good” or “very good.” However, compared to Nebraska women, Loup Basin women (55.4%) were significantly less likely to rate food selection at community restaurants this highly.
- Only about one-fourth of respondents (24.1%) said that healthy foods were “always” or “almost always” labeled at community restaurants and fast food shops.

Alcohol Consumption

- In the Loup Basin, 47.4% of adults reported consuming at least one drink of alcohol in the last 30 days.

Injury

- The proportion of adults in the Loup Basin who said they had fallen in the past three months (20.0%) was significantly higher than the statewide rate. The rate for men in this area (24.2%) was also significantly higher than the rate for Nebraska men. Of those who had fallen, 39.5% were injured by the fall.
- Although the majority of Loup Basin respondents (79.3%) stated they “always” or “nearly always” wore a seatbelt when driving or riding in a car, this rate was significantly lower than the rate for Nebraska. Men in the Loup Basin (68.4%) were significantly less likely than women in the area (89.7%) and significantly less likely than men statewide to report wearing a seatbelt this frequently.
- Looking at households with a child aged 5 to 15 who rode a bicycle, 37.6% of adult respondents from these households said their oldest child “always” or “nearly always” wore a bicycle helmet when riding.

Immunization

- The proportion of Loup Basin residents aged 18 and older who received a flu vaccination during the past year (29.6%) was significantly lower than the proportion in Nebraska overall. Loup Basin men (24.9%) were also significantly less likely than men statewide to have gotten a flu shot.

Oral Health

- Nearly two-thirds of Loup Basin adults (65.6%) saw a dentist or visited a dental clinic in the past year.

Women’s Perceptions of Health Threats and Causes of Death

- More than one-third of Loup Basin women (35.3%) identified cancer as the leading health problem facing women today.
- Half (48.3%) of the women in this area identified heart disease/attack as the leading cause of death for women, yet just 13.4% considered heart disease/attack as leading health problem facing women today.

Social Context

- Few Loup Basin adults (6.2%) stated that they feel “somewhat” or “very unsafe” from crime within the one-mile area around their home.
- When asked about safety from traffic to walk, jog, run, or bicycle within one-mile area around their home, 8.5% of Loup Basin respondents reported it is “somewhat” or “very unsafe.” This rate and the rate for men in the Loup Basin (4.1%) are both significantly lower than the corresponding Nebraska rates. The rate for men in this area is also significantly lower than the rate for women in the Loup Basin (12.8%).

Loup Basin Public Health Department: Summary Table

Indicators	Overall			Men			Women			Gender Difference Significant
	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^c	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^c	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^c	
Health Related Quality of Life										
1. General health was 'fair' or 'poor'	464	12.5%	Lower	160	10.6%	Non-Sig	304	14.4%	Lower	No
2. Average number of days (in past month) that physical health was not good	453	3.2	Non-Sig	159	3.0	Non-Sig	294	3.3	Non-Sig	No
3. Average number of days (in past month) that mental health was not good	456	2.2	Non-Sig	158	2.3	Non-Sig	298	2.2	Lower	No
4. Average number of days (in past month) that poor physical or mental health prevented usual activities	217	3.5	Non-Sig	63	3.7	Non-Sig	154	3.3	Non-Sig	No
Health Care Access										
1. No health care coverage among adults 18-64 years old	272	24.1%	Higher	96	24.5%	Non-Sig	176	23.7%	Higher	No
2. Did not have one or more than one person that they thought of as their personal doctor or health care provider	467	12.6%	Non-Sig	160	15.4%	Non-Sig	307	9.9%	Non-Sig	No
3. Needed to see a doctor in past year but could not because of cost	466	10.3%	Non-Sig	160	7.5%	Non-Sig	306	13.0%	Non-Sig	No
4. Visited a doctor for a routine checkup within the past year	452	69.8%	Non-Sig	157	65.8%	Non-Sig	295	73.8%	Non-Sig	No
5. Average distance in miles from home to the ER closest to home	464	15.8	Higher	NA	NA	---	NA	NA	---	---
6. Average distance in miles from home to the ER they prefer to receive care at	451	24.8	Higher	NA	NA	---	NA	NA	---	---
7. Excluding cost, no problems or barriers to getting medical care	466	53.9%	Non-Sig	160	53.3%	Non-Sig	306	54.4%	Non-Sig	No
8. Three biggest problems or barriers to getting medical care, other than cost; among those who reported a problem or barrier										
Overall	200	1) Long Wait (21.8%)		2) Work (16.9%)		3) No Insurance (16.5%)		(Other= 18.7%)		
Men	72	1) Long Wait (19.0%)		2) Work (17.0%)		3) No Insurance (14.9%)		(Other= 21.1%)		
Women	128	1) Long Wait (24.5%)		2) No Insurance (18.1%)		3) Work (16.9%)		(Other= 16.4%)		
9. Primary source for getting information on health issues or illness										
Overall	445	1) Doctor (40.9%)		2) Newspaper (14.5%)		3) Family/Friends (13.9%)		(Other= 3.4%)		
Men	153	1) Doctor (36.3%)		2) Family/Friends (16.4%)		3) Newspaper (14.3%)		(Other= 2.9%)		
Women	292	1) Doctor (45.2%)		2) Newspaper (14.6%)		3) Family/Friends (11.6%)		(Other= 3.9%)		

Indicators	Overall			Men			Women			Gender Difference Significant
	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	
Cardiovascular Disease										
1. Ever told they had a heart attack, stroke, or that they have coronary heart disease	460	15.0%	Higher	158	20.4%	Higher	302	9.9%	Non-Sig	Yes
2. Ever told blood pressure was high	467	30.7%	Non-Sig	161	32.8%	Non-Sig	306	28.7%	Non-Sig	No
3. Identified 'Stroke' as something untreated high blood pressure can lead to	468	46.3%	Non-Sig	161	39.9%	Non-Sig	307	52.3%	Non-Sig	No
4. Identified 'Cardiovascular Disease' (in any form) as something untreated high blood pressure can lead to	468	78.3%	Non-Sig	161	74.9%	Non-Sig	307	81.6%	Non-Sig	No
5. Had cholesterol checked during the past five years	454	66.4%	Lower	159	63.0%	Lower	295	69.7%	Non-Sig	No
6. Ever told cholesterol was high, among those who had ever been screened	362	34%	Non-Sig	124	35.2%	Non-Sig	238	32.8%	Lower	No
7. Were CPR certified during the past year	465	10.0%	Non-Sig	160	4.2%	Lower	305	15.5%	Non-Sig	Yes
Diabetes										
1. Ever told they had diabetes (excluding gestational and pre-diabetes)	467	6.8%	Non-Sig	161	6.9%	Non-Sig	306	6.7%	Non-Sig	No
Cancer Prevention										
1. Among women 40+, had a mammogram in past two years	NA	NA	---	NA	NA	---	243	68.2%	Non-Sig	---
2. Among adults 50+, had a blood stool test in past two years	302	29.9%	Non-Sig	^	^	---	^	^	---	---
3. Among adults 50+, ever had a colonoscopy or sigmoidoscopy	307	44.0%	Non-Sig	^	^	---	^	^	---	---
Asthma										
1. Ever told they had asthma	466	9.9%	Non-Sig	161	8.2%	Non-Sig	305	11.5%	Non-Sig	No
2. Currently has asthma	465	7.1%	Non-Sig	160	6.3%	Non-Sig	305	7.9%	Non-Sig	No
Overweight and Obesity										
1. Overweight or Obese (BMI 25+)	450	65.3%	Non-Sig	160	73.8%	Non-Sig	290	56.8%	Non-Sig	No
2. Obese (BMI 30+)	450	26.1%	Non-Sig	160	30.5%	Non-Sig	290	21.8%	Non-Sig	No
Tobacco Use										
1. Currently smoke cigarettes (either everyday or on some days)	466	18.3%	Non-Sig	160	16.7%	Non-Sig	306	19.8%	Non-Sig	No

Indicators	Overall			Men			Women			Gender Difference Significant
	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	
<i>Tobacco Use, cont.</i>										
2. Former cigarette smoker	466	23.5%	Non-Sig	160	32.1%	Non-Sig	306	15.3%	Non-Sig	No
3. Current smokers who tried to quit during the past year	61	44.2%	Non-Sig	^	^	---	^	^	---	---
4. Smoking not allowed in home	467	72.2%	Non-Sig	161	71.2%	Non-Sig	306	73.1%	Non-Sig	No
5. Smoking not allowed in work areas, among those employed who work indoors most of the time	160	84.6%	Non-Sig	^	^	---	125	87.9%	Non-Sig	No
<i>Physical Activity and Sedentary Behaviors</i>										
1. Did not engage in any leisure time physical activity, outside of work, in past 30 days	466	29.5%	Non-Sig	159	29.8%	Non-Sig	307	29.2%	Non-Sig	No
2. Engage in the recommended amount of moderate or vigorous physical activity	419	43.7%	Non-Sig	149	45.6%	Non-Sig	270	41.8%	Non-Sig	No
3. Watch TV (sitting or lying down), play video games, or use the computer (outside of work/school) for 3+ hours per day	453	45.6%	Non-Sig	156	46.4%	Non-Sig	297	44.9%	Non-Sig	No
<i>Nutrition</i>										
1. Consumed fruits and vegetables five or more times per day	467	20.6%	Non-Sig	160	17.2%	Non-Sig	307	23.8%	Non-Sig	No
2. Knowledgeable about what '5 a day' means	464	37.4%	Non-Sig	158	21.7%	Lower	306	52.1%	Non-Sig	Yes
3. Consumed dairy products three or more times per day	468	16.6%	Non-Sig	161	13.0%	Non-Sig	307	20.0%	Non-Sig	No
4. Average number of times per week ate food from restaurants or fast food shops	459	2.0	Non-Sig	157	2.4	Non-Sig	302	1.5	Non-Sig	No
5. Foods at community events were 'always' or 'almost always' healthy	468	34.1%	Non-Sig	161	34.5%	Non-Sig	307	33.6%	Non-Sig	No
6. Selection of healthy food was 'somewhat good' or 'very good' at community restaurants and fast food shops	465	56.2%	Non-Sig	161	56.9%	Non-Sig	304	55.4%	Lower	No
7. Healthy foods were 'always' or 'almost always' labeled at community restaurants and fast food shops	464	24.1%	Non-Sig	161	25.9%	Non-Sig	303	22.4%	Non-Sig	No
<i>Alcohol Consumption</i>										
1. Consumed at least one drink of alcohol during the past 30 days	466	47.4%	Non-Sig	161	57.1%	Non-Sig	305	38.3%	Non-Sig	No

Indicators	Overall			Men			Women			Gender Difference Significant
	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	
<i>Injury</i>										
1. Fell during the past three months	468	20.0%	Higher	161	24.2%	Higher	307	16.1%	Non-Sig	No
2. Injured due to a fall during the past three months, among those who fell	79	39.5%	Non-Sig	^	^	---	^	^	---	---
3. Almost' or 'nearly always' wore a seatbelt when driving or riding in a car	467	79.3%	Lower	160	68.4%	Lower	307	89.7%	Non-Sig	Yes
4. Oldest child wore a bicycle helmet 'always' or 'nearly always' when riding a bicycle, among adults with a child in their household (ages 5-15) who rode a bicycle	65	37.6%	Non-Sig	^	^	---	^	^	---	---
<i>Immunization</i>										
1. Got a flu vaccination during the past year	466	29.6%	Lower	161	24.9%	Lower	305	34.1%	Non-Sig	No
<i>Oral Health</i>										
1. Saw a dentist or dental clinic in past year	464	65.6%	Non-Sig	160	63.5%	Non-Sig	304	67.6%	Non-Sig	No
<i>Women's Perceptions of Health Threats and Causes of Death</i>										
1. Identified cancer as the leading health problem facing women today	NA	NA	---	NA	NA	---	306	35.3%	Non-Sig	No
2. Identified heart disease/attack as the leading health problem facing women today	NA	NA	---	NA	NA	---	306	13.4%	Non-Sig	No
3. Identified heart disease/attack as the leading cause of death for all women	NA	NA	---	NA	NA	---	307	48.3%	Non-Sig	No
<i>Social Context</i>										
1. Feel 'somewhat or very unsafe' from crime within the one-mile around their home	461	6.2%	Non-Sig	159	7.1%	Non-Sig	302	5.4%	Non-Sig	No
2. It is 'somewhat or very unsafe' from traffic to walk, jog, run, or bike within the one-mile around their home	456	8.5%	Lower	159	4.1%	Lower	297	12.8%	Non-Sig	Yes

^a Non-weighted sample size

^b Percentage weighted by health district, gender, and age

^c Signifies if the district percentage/mean is significantly different from the State of Nebraska percentage/mean based on age-adjusted 95% confidence interval overlap

[^] Insufficient sample to calculate a reliable estimate

Note: Indicator definitions are available within Appendix-A; age-adjusted results per indicator, for all districts, are available within Appendix-B

Source: A Point in Time Study: Self-Reported Health Status of Nebraska Adults by Local and District Public Health Department Region, 2005